

american

FITNESS



NASM's
OPTIMUM
PERFORMANCE
TRAINING™

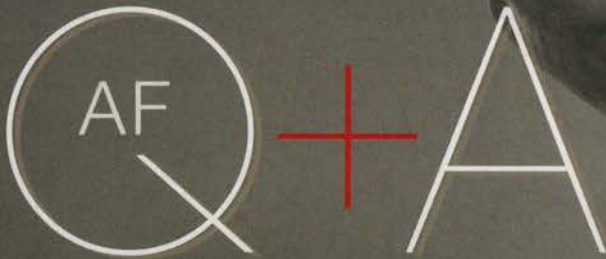
WELLNESS:
FROM MOVEMENT
TO PROFESSION

EARN CEUs:
FEEDING
THE ATHLETE

NOAH GALLOWAY

OVERCOMING AND EXCELLING

WINTER 2016 \$6.75



BY MATT BRZYCKI



WHAT'S A "STITCH IN THE SIDE"?

If you've ever experienced a "stitch in the side," you are not alone. Among runners, for example, nearly 70% have reported the pain according to research conducted in 2013. Technically referred to as "exercise-related transient abdominal pain," the condition arises in activities that involve repetitive movements of the torso, either laterally or rotary, when the torso is in an extended position.

The pain is localized in the mid- to upper-abdomen, especially along the edge of the ribs. Interestingly, the pain is up to twice as common on the right side as the left. There also seems to be an association between the abdominal pain and shoulder tip pain, almost always on the same side of the body. When severe, the pain is described as sharp or stabbing; when less severe, it is more like cramping, aching or pulling. The severity—and prevalence—decrease with advancing age.

Its etiology is subject to considerable debate. According to a long-held belief, the pain is due to a restricted supply of blood to the diaphragm—the main muscle that's used in breathing—causing spasm. However, this theory has been discredited.

To reduce the risk of the condition, avoid consuming large volumes of food and drink for at least two hours prior to an activity. Try to restrict movement of the torso whenever

possible. Finally, include exercises for the mid-section (abdominals and lower back) in workouts.

DO PEOPLE EAT LESS WHEN GIVEN VISUAL INFORMATION ON SERVING SIZE?

Paying attention to serving sizes can be extremely helpful in weight management. However, information that's presented in numerical form can be difficult for many individuals to conceptualize. Indeed, what does the recommended serving of fish, pasta, almonds or anything else look like?

Researchers in The Netherlands conducted three experiments: two were done online and another was done in a laboratory. In one online experiment, 317 participants (average age 44) were shown a small or large bar of chocolate with or without a pictorial recommendation for serving size. During the other online experiment, 324 participants (average age 38) were shown small or large packs of four snacks with or without a pictorial recommendation for serving size. In the lab experiment, 89 subjects (average age 20) were given access to a large bag of candy with or without a pictorial recommendation for serving size. The subjects were told that they could eat as much as they wanted while watching movie trailers.

In the two online experiments, it was found that a visual representation of the serving size significantly

decreased the expected intake of calories. The lab experiment showed that when the subjects received the serving size, they took—and ate—significantly less candy.

IS IT IMPORTANT TO WEIGH IN ON A DAILY BASIS WHEN TRYING TO LOSE WEIGHT?

An obvious way to gauge the success of a weight loss program is by weighing in. But how often does this need to be done?

In one study, 91 overweight/obese subjects (average age 43) were randomly assigned to two groups: One group did daily self-weighing and the other group did not.

After six months, those who weighed themselves daily lost significantly more of their weight (about 20.2 pounds) than those who weighed themselves less than daily (about 6.8 pounds). The researchers deduced that the act of daily self-weighing prompted those individuals to adopt successful weight loss behaviors.

MATT BRZYCKI is the Assistant Director of Campus Recreation, Fitness at Princeton University. He has more than 30 years of experience at the collegiate level and has authored, co-authored and edited 17 books.

REFERENCES:

MORTON, D. AND CALLISTER, R. "EXERCISE-RELATED TRANSIENT ABDOMINAL PAIN (ETAP)." *SPORTS MEDICINE*, 45, NO. 1 (2015): 23-35.

VERSLUIS, I., PAPIES, E.K. AND MARCHIORI, D. "PREVENTING THE PACK SIZE EFFECT: EXPLORING THE EFFECTIVENESS OF PICTORIAL AND NON-PICTORIAL SERVING SIZE RECOMMENDATIONS." *APPETITE*, 87 (APR 2015): 116-26.

STEINBERG, D.M., ET AL. "WEIGHING EVERY DAY MATTERS: DAILY WEIGHING IMPROVES WEIGHT LOSS AND ADOPTION OF WEIGHT CONTROL BEHAVIORS." *JOURNAL OF THE ACADEMY OF NUTRITION AND DIETETICS*, 115, NO. 4 (APR 2015): 511-18.